

After the trip: Learnings and emotions

(original title: "Report")

Hello! It's **Nahia and Loraine again**, the two final-year Psychology students who were given the opportunity to take part in the **Rato Baltin** project of the NGO *Be Artsy*. We are writing this report, now that we are back from Achham and after several months have passed, to compare the expectations we had before the experience with the perspective we have now.

When we began preparing our internships in Nepal, we had many expectations and also many questions. We imagined a very different context from our own; we knew we were going to encounter harsh realities — but until you are actually there, you cannot truly grasp what that means. It has been a huge shock: you see things that you couldn't even imagine before going.

A year ago, we said we would like to see the contrast between what we imagined and what reality was, to get to know this culture up close and personally, and to shed some of our prejudices. And indeed, that is exactly what happened. **Living with the people of Achham, listening to their stories and sharing their daily lives** has made us rethink many things and look at the world through different eyes.

We have also learned to **value the everyday things**: a hot shower, a comfortable mattress or a full plate of food become luxuries that, once we return, we can no longer take for granted.

At the beginning, we asked ourselves: *How are we going to be helpful in something like this?* In such a different and complex context, it was inevitable to feel doubts about how much we could really contribute. But over time, we understood that, even if our individual work doesn't make a huge difference, it's deeply rewarding to know that we have added our small grain of sand to a project that truly does.

We feel proud to have been able to contribute — especially because this year we began collecting data through surveys, something that hadn't been done before, and that will help the project continue improving and having greater impact.

We take with us an immense human and professional experience: **working with a different team, with distinct values and a different work ethic, has made us grow as people and as psychologists**. Achham has taught us not only about sexual education or the chhaupadi tradition, but also about empathy, respect, and the power of small actions.